SUMMER WARM-UPS

CHOOSE A DIFFERENT WARM-UP EACH LIFT

WARM-UP #1 IN-PLACE

- BODY WEIGHT SQUATS X 10
- JUMPING JACKS X 10 **GO THRU FIRST FOUR 3X**
- SEAL JACKS X 10
- FLINGS X 10 (similar to seals, only criss-crossing feet over under)
- HAMSTRING KICKS X 10 EA
  (lying on your back, both legs straight – quick quick up, control on the way down)
- DOUBLE LEG HIP BRIDGE X 10
  (hips high – squeeze glutes at the top)
- SINGLE LEG HIP BRIDGE X 8 EA
  (keep knees in together and in line – hips high!) **ONE TIME THROUGH HIP MOBILITY**
- ALTERNATING SUPERMEN X 15 EA
- FIRE HYDRANTS X 10EA
  (arms straight, core tight, don't rotate over onto opposite side)
- HIP CIRCLES X 10 EA
  (forward and backwards)
- PRONE HURDLERS X 10 EA
- SCORPIONS X 8EA
- IRON CROSS X 8EA
- HAMSTRING ROLL-UPS X 3 EA
  (roll up reach to your rt – up reach to your lt – up reach out wide)

WARM-UP # 2 MOVING DYNAMIC

- WALKING HIGH KNEE TO LUNGE	X 10 YARDS
- FIGURE 4 TO ELEPHANTS	X 10 YARDS
- HEEL TO BUTT PULLS	X 10 YARDS
- LATERAL LUNGE STRETCH	X 10 YARDS
- FRANKENSTEINS	X 10 YARDS

THE FOLLOWING SHOULD BE DONE WITH CORRECT ARM AXN AND FOR REPS!

- BUTT KICKS	X 15 YARDS
- MARCHING QUICK SKIPS	X 15 YARDS
- HIGH KNEE RUN	X 15 YARDS
- LATERAL SHUFFLES	X 10 YARDS EACH
- SIDE RUN (CROSS OVER RUN)	X 10 YARDS EACH
- POWER SKIPS FOR HEIGHT	X 15 YARDS
- POWER SKIPS FOR DISTANCE	X 15 YARDS

WARM-UP #3 FOOTWORK

- 2 MIN JUMP ROPE

- LADDERS

LINEAR

1. 2 IN EACH	1X THRU LEADING WITH EACH FOOT
2. ONE IN EACH HIGH KNEE RUN	2 X
3. ICKY SHUFFLE 1-OUT	2 X
3. ICKY SHUFFLE 2-OUT	2 X
4. WIDE SLALOM	2 X

LATERAL

1. 2-FEET IN SHUFFLE	1 X FACING EACH DIRECTION	
2. ALI SHUFFLE	1 X EACH DIRECTION	
3. HIGH KNEE RUN	1 X EACH DIRECTION	**FEET SHOULD NEVER CROSS**
4. RUNNING IN-IN-OUT-OUT	1 X EACH DIRECTION	**ON LATERAL LADDER DRILLS!**